

**PUMPKIN PIE YOGURT PARFAIT** 1 portion**INGREDIENTS**

- 1/2 cup of pumpkin, canned, without salt (123 g)
- 2 tbsp nature's path granola
- 1 packet Stevia
- 1 container of yogurt, Greek, plain, nonfat (170 g)

**COOKING METHOD**

- <sup>1</sup> Equipment: Small Bowl Instructions: Mix yogurt and pumpkin puree in a small bowl and add stevia, cinnamon, pumpkin pie spice to taste [if desired].

**NUTRITIONAL INFORMATION**

|                              | PER 100 g | PER PORTION (309 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 69 kcal   | 212 kcal            | 11 %  |
| FAT                          | 1 g       | 4 g                 | 6 %   |
| FATTY ACIDS, TOTAL SATURATED | 0 g       | 1 g                 | 4 %   |
| CHOLESTEROL                  | 3 mg      | 9 mg                | 3 %   |
| SODIUM                       | 25 mg     | 78 mg               | 3 %   |
| CARBOHYDRATE                 | 9 g       | 27 g                | 9 %   |
| SUGARS                       | 4 g       | 12 g                | —     |
| FIBER                        | 2 g       | 5 g                 | 19 %  |
| PROTEIN                      | 7 g       | 20 g                | —     |